

WEEKLY SHOPPING LIST

SUN

MUSHROOM BOURGUIGNON

- 16 ounces sliced mushrooms
- 1 yellow onion
- 2 carrots
- 1 red bell pepper
- 4 garlic cloves
- 4 large russet potatoes
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 tablespoons tomato paste
- 1 ounce dried porcini mushrooms
- 1 cup full bodied dry red wine
- 2 tablespoons flour
- 4 tablespoons vegan butter
- 1/2 cup plain unsweetened almond milk or coconut milk



WED

SPINACH ARTICHOKE QUICHE

- 3 cloves garlic
- 1 tbsp fresh thyme or rosemary, chopped (or 1/2 tsp dried)
- 1/2 cup chopped shallot (or onion)
- 8oz baby bella mushrooms
- 3-4 cups fresh spinach
- 1 cup marinated artichoke hearts
- 1/4 cup extra virgin olive oil
- 1/4 tsp red pepper flakes
- 1 cup spelt flour
- 6 large eggs
- 1/3 cup milk of choice
- 3oz crumbled feta or goat cheese

MON

POMEGRANATE SALAD

- 4 small fufu persimmons
- 1/2 lb arugula
- 3 small shallots
- 3 tbsp pomegranate juice
- 1/3 cup pomegranate seeds
- 2/3 cup blanched hazelnuts
- 1 tbsp + 1 tsp hazelnut oil
- 1 tbsp sherry vinegar
- 2 tsp rice vinegar
- 3 tbsp extra virgin olive oil

THUR

GUACAMOLE POTATOES

- 4 medium sweet potatoes
- 3 avocados
- 3 cloves garlic
- 1/4 cup lime juice
- 1 jalapeno
- 2 (15-ounce) cans black beans
- 1/2 cup shelled pistachios
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp sesame seeds

TUES

FRENCH BREAD PIZZAS

- 2 large tomatoes
- 1 cup cooked broccoli
- 1 loaf French bread
- 1 cup pesto
- 1 cup grated cheese, vegan or regular